

Extreme Heat

During the summer, temperatures can reach dangerous levels. This can be life threatening for the elderly, children and those with special needs. Dehydration, heat exhaustion, heat strokes are only a few of the heat related illnesses.

PROTECTION FROM EXTREME HEAT:

- Stay out of the sun during the hottest part of the day, between 10 am and 4 pm.
- If you have to be in the sun, wear sunscreen, lightweight loose fitting, light colored clothing.
- Drink plenty of water or other non caffeinated, nonalcoholic beverages
- Stay in the shade as much as possible
- Avoid strenuous activities
- Ventilate inside rooms with air conditioning; if air conditioning is not available, open windows and use fans
- Make sure children, the elderly and anyone with special needs are not in distress

Call 9-1-1 for help if you feel symptoms of heat related illnesses

SYMPTOMS OF HEAT-RELATED ILLNESS:

- Red, hot and dry skin (not sweating) **OR** heavy sweating and paleness
- Muscle cramps
- Rapid, strong pulse
- Throbbing headache
- Tiredness or weakness
- Dizziness
- Nausea or vomiting
- Confusion
- Unconsciousness or fainting
- An extremely high body temperature

If you see or have these signs:

- Move to a shady area, if possible
- Dial 9-1-1 for medical assistance

